

Healthcare Science Career of the Week



Smoking Cessation Practitioner

Area of HCS: Public Health

Pay Scale: £20k - £30k

AMAZING FACT

- There's about 9.6 million smokers in the UK, that's about 19% of the adult population. So far 1 million people have quit smoking with the NHS Stoptober Campaign! It's a great start but there's still a long way to go.

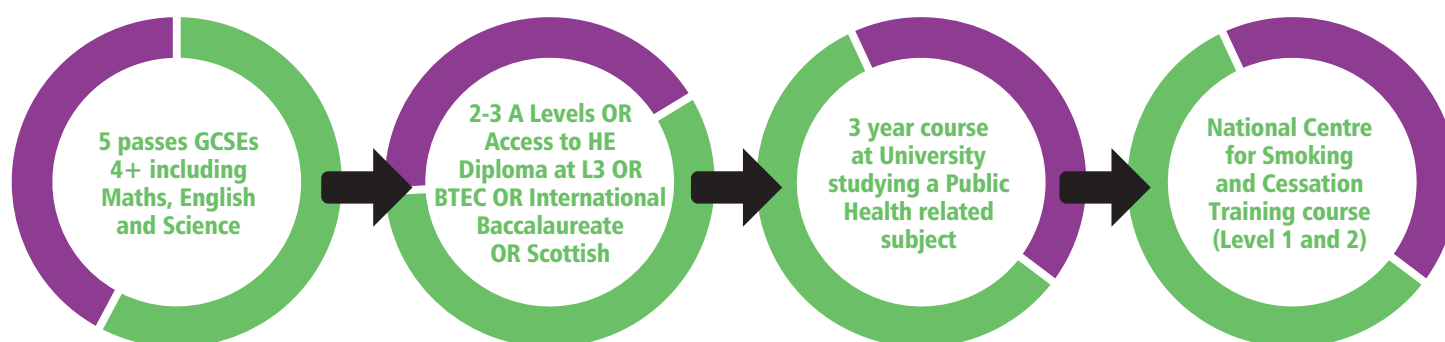
According to Cancer Research UK Tobacco is the single biggest cause of cancer in the world and it's completely preventable. Treating diseases related to smoking costs the NHS £5.7 billion every year; an eye-wateringly large sum of money. But most importantly, none of these people with cardiovascular disease, cancer and lung disease NEED to be there, a change in lifestyle can prevent thousands of families from losing a loved one to cancer or disease. You can have a direct impact on people's lives by encouraging and supporting them through their journey to quit, enabling them to lead an ultimately healthier, happier and longer life.

You'll deliver stop-smoking advice in small group situations, one-to-one or over the telephone, a large part of this role is educational. You'll be involved in national campaigns like Stoptober, providing the latest information on all the treatments and behavioural support techniques available, as well as coping strategies. Evaluation of your work is an important role in this job, as well as keeping accurate but confidential records on all your patients. You might work within an NHS trust, but smoking cessation officers are also employed by local councils.

AMAZING FACT 2:

- In Britain around 96000 people die each year from smoking. But if someone can stop smoking for 28 days they are 5 times more likely to quit smoking for good. That's where you will come in to provide support.

What to do to get into this career...



Top Tip

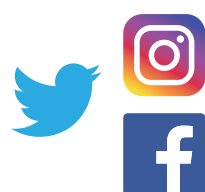
- The National Centre for Smoking and Cessation Training (NCSCT) courses and assessments are all on-line and are all FREE! This means you can train in your own time when it suits you.

PUBLIC HEALTH DEGREES:

- Public Health
- Sports and Exercise Science
- Nursing
- Environmental Health
- Health Studies

SIMILAR CAREERS:

- Public health nutritionist
- Health improvement practitioner
- Substance misuse worker
- Teenage pregnancy co-ordinator



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AMAZING FACT 3:

- There are 4000 chemicals in tobacco smoke, and they aren't nice chemicals! These include carbon monoxide, arsenic, formaldehyde, cyanide, benzene, toluene and acrolein. They all cause cancer and damage the human body.